

# M.I.A.S. BULLETIN

A COMMUNICATION FROM THE MONROE INSTITUTE OF APPLIED SCIENCES

#GW22280

## THE GATEWAY PROGRAM

PURPOSE: Gateway is dedicated to the development and exploration of human consciousness. It is a system of exercises designed to aid the individual in the improvement of his own consciousness, so that he may know and understand better his higher self, that he may learn and experience profound areas of expanded awareness, achieve and willfully control his physical body and the out-of-body state, communicate with and visit other energy structures and realities.

HISTORY: Originally the M-5000 Research Project. The present Gateway Program is the result of over 3,000 test exercises involving 1,932 participants, conducted by the Institute over the past ten years. Assisting in the development of the Program have been researchers in many disciplines from various parts of the Country. Reports from participants are available in other Institute Bulletins. Many indicate significant, constructive changes in life attitudes and overview.

TECHNOLOGY: The basics of the Gateway training process are the Frequency Following Response (FFR) and Hemispheric Synchronization (HEMISYNC), created in the electrical patterns of the brain by the induction of specific sound pulses both singly and binaurally into the human auditory system. Robert Monroe was granted a generic patent for this method and technique in 1975, and assigned it to the Institute. By blending and sequencing such sound pulses, it is possible to aid the individual to develop states of consciousness not ordinarily available to him. Evidence of this is shown in bilateral EEG studies which indicate the generation of high-amplitude narrow-frequency wave forms sweeping throughout the Cortex in direct consequence of such audio signals.

PRACTICAL APPLICATION: The typical Gateway session consists of a series of conducted pre-recorded exercises utilizing both FFR, HEMISYNC, and vocal guidance to achieve progressive states of consciousness. These are heard through stereo headphones while in a relaxed position, under the supervision of Institute trainers and technicians. Reinforcement of feedback learning of such states is enhanced by lectures, discussions, and single interviews using standard accelerated learning techniques. Goals are achievement of Focus 3, (Basic HEMISYNC), Focus 10 (Mind awake - body asleep), Focus 12, (Expanded awareness), Focus 15, (No-time), and Focus 21, (OTHER ENERGY SYSTEMS).

STRUCTURE: Gateway Sessions are held in these formats at various locations throughout the country.

EXCURSION: An introduction and experiential one-day, from 9:00 AM to 9:00 PM.

DISCOVERY: Development of primary Gateway states with emphasis on learning to self-direct and control consciousness in entry and return. Long weekend, Thursday night through Sunday noon, room and meals provided.

VOYAGE: Incorporating all previous Gateway training, plus exercises in use and direct application of such added consciousness, and individual exploration of other energy systems and realities. A full seven days, from Saturday Night to Sunday noon a week later. Held only at the Institute Center in Virginia, room and meals included.

EXPLORATION: An advanced meeting only for those member-participants who have completed the Gateway VOYAGE session. Reinforcement of all Gateway consciousness states, group penetration of other energy systems, one-to-one exploration. Four to seven days, held only at the Institute Center in Virginia, room and board included.

PARTICIPATION: The Gateway Program is now open to individuals who are intellectually curious or possess latent talents and abilities, subject to acceptance by the Program Director. For application and Program Schedule, write or phone:

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